Preparation of a nutritious system of diet.

347. *MR. K. R. NARAYANAN : Will the Government be pleased to state whether the Health Department can prepare and furnish a system of diet containing enough nutritious substances and obtainable for Chs. 10 per day for a family consisting of three adults and two children ?

MR. M. K. GOPALA PILLAI : Yes.

Food Materials.

348. *MR. K. R. NARAYANAN : Will the Government be pleased to state the nutritious elements contained in the following food materials and the parts of the body which they nourish :—

1. Pine apple,
2. Fish,
3. Papaya fruit,
4. Cashewnut,
5. Cashew mango fruit,
6. Pumpkin, and
7. Cocoanut ?

MR. M. K. GOPALA PILLAI: A *statement containing the information is appended.

MR. KAINIKKARA M. PADMANABHA PILLAI : In the statement supplied the percentage of the components are given. But in adding, we do not get hundred. I wish to know what has become of the remaining ?

MR. M. K. GOPALA PILLAI : There is necessarily some waste when analysis is made and that is not included. Will the honourable member give a concrete instance in which the percentage is not made up ?

MR. KAINIKKARA M. PADMANABHA PILLAI : It is not made up in any case.

MR. M. K. GOPALA PILLAI : There is waste. Water and certain other substances are evaporated.

PRESIDENT : I take it that the analysis is only with reference to the nutritious elements Protein, Fat, Carbo-hydrates and minerals. Over and above these things there is certain percentage of non-nutritious elements. I suppose that is the idea.

MR. M. K. GOPALA PILLAI : Yes, Sir.

Correspondence in the Ayurveda Department.

349. *MR. K. R. NARAYANAN : Will the Government be pleased to state :

(*a*) whether there is a G. O. to the effect that correspondence in the Ayurveda Department should be in Malayalam ; and

(*b*) if so, whether that G. O. is being followed ?

MR. M. K. NILAKANTA AIYAR :

(*a*) Yes ; and it may be noted that, in para 2 of G. O. No. G. 6979 dated 2nd October 1917 it is stated that the Director may correspond in English with Government and the various Heads of Departments and in Malayalam with the Vaidyans under him.

(*b*) Yes

Vide Appendix VI—Page 1135.

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Appendix VI.

Vide **Answer to Question No. 348.**

Statement re: Nutritious elements in certain food materials.

Food material.	Protein per cent.	Fat per cent.	Carbo-hydrates per cent.	Minerals per cent.	Vitamins. A International units per 100 grammes.	Vitamins. B 1 International units per 100 grammes.	Vitamins. B 2	Vitamins. C. m. grammes per 100 grammes.
Fish ...	21·49	1·63	...	2·03	25·6	9	...	...
Cashew Nut ...	21·19	46·93	22·29	2·43	100	...	...	...
Cocoanut ...	4·47	41·60	13·19	0 96	Trace	Trace	...	Trace
Papaya ...	0·47	0·03	9·5	0·38	2020	...	...	45·5
Pineapple ...	0·57	0·04	12 0	0·49	98	...	...	62·9
Pumpkin ...	1·36	0·07	5·39	0·58	84	20	...	2·0
Cashew fruit ...	The results of analysis of a sufficiently large number of samples of this fruit are not yet available; but is roughly about the same quality as other fruits like the papaya and the pineapple.							

PROTEINS: are the growth producing factors. Fish and cashewnuts are good in this respect.

FAT: is fuel food supplying energy. It also helps to give a good padding to the various organs of the body. Cocoanut and cashew-nut are rich in fat.

CARBOHYDRATES: supply energy and help the work of all the organs. Cashewnut and cocoanut contain carbohydrates.. Easily assimilable carbohydrates are contained in all the fruits.

MINERALS: build up bone and teeth and are also necessary for the proper formation of blood, brain, etc. Fish and cashewnut are rich in minerals. Minerals are also contained in appreciable amounts in fruits.

VITAMINS: are health promoting factors. The fruits are particularly rich in them.